# Eco-Sense

The Allergy and Environmental Health Association of Canada
Association allergies, santé et environnement du Canada
Ottawa Branch

$2.95

Fall 1997

OUR THANKS

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Note: Ads or articles do not imply that the AEHA endorses any product or services mentioned therein. Readers with multiple sensitivities are advised to assess products carefully since individual sensitivities vary.

**Many thanks to those who have made donations to the AEHA:**
Ms. Manon Gaudreau and Mrs. Leslie Hanks.

**Eco-Sense** is always looking for interesting information to include. If you'd like to contribute an article or book review, have a topic you'd like us to write about, or find some fascinating snippets, send them to:

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Deadline for next edition: **January 31**

The editor reserves the right to use or make changes to your contribution.

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# President's Corner

We have a really good board. The group of people on the AEHA Ottawa board are probably the best thing going for people with sensitivities in all of Canada. Ottawa board members have a strong commitment to group decision-making, sharing responsibility, and carrying out the things we decide to do, (although, like this president's message, not always by the date we tried for).

The board is now committed to building the branch and facilitating self-help activities. We are working to strengthen the branch and, along with other branches, to rebuild the national organization.

What would you like to work on with others to accomplish? Regaining your health? Reducing pesticide use? The list put forward by members at our last meeting was as long as my arm. There were quite a few people present. Even if only a handful of members work on a handful of those ideas, the members involved could make a lot of gains--in their health, in themselves, and in the community.

In turning back towards the membership, to building the organization, the Ottawa board is also transforming itself from "doing things for others" to realizing that, although everyone needs a protected social and even economic environment in which to heal for a time, self-help, including healing, starts when you get off your duff and take responsibility for making it happen--sometimes working with others.

The only thing I can see that is better for Ottawa branch members than the board is the membership. By that I mean what members can gain from each other. That was part of the original vision of Dr. John Maclennan, when he helped form the Human Ecology Foundation about three decades ago. HEF was AEHA's predecessor. If you've been to any of our recent meetings, there is a lot of information sharing--and there are a lot of people getting involved and doing things.

What would you like to work on? <<>>

Chris Brown

chris@storm.ca or http://www.storm.ca/~chris/

# Thanks to Contributors

Thank you to everyone who takes the time to write, find, and send items to be included in *Eco-Sense*. It's always a challenge to come up with articles that you want to read and can provide helpful information. The best way for this to happen is to submit articles or ideas for articles that you personally either know or want to know something about. Have you read a good book lately that would be of interest to our members? Could you write a summary of a new study to enlighten us? I'd also love to include more artwork and humour, so if you have some creative ability, send something along. The deadline for the next issue and the mailing address is always on the inside cover page. And don't forget artwork for the cover...Becky Mason has created many wonderful pieces, but she doesn't always have the time. How about you? <<>>

Julie Levi

*Eco-Sense* Editor

**AEHA POTLUCK**

Saturday, December 6 @ 5:30 pm

Anne and Gordon McCallum have graciously offered to host the holiday season potluck.

21 Strathbury Street, Nepean
If you require directions phone 225-6133.

Please bring a dish of food to share (well-labelled,) a serving dish and utensil, your plate, glass and cutlery, and your appetite!

Tea, coffee, and spring water will be available.

# Memorandum

Department of Justice

27 August 1997

TO: All Staff, Commercial Law Division

FROM/DE: Doug Lewis, General Counsel

SUBJECT/OBJET: Chemical Sensitivities

I am writing to seek first your understanding, and second, your assistance.

Allergies, asthma, and environmental or chemical sensitivities are becoming more and more common, especially in adults. There are people who work in our Division who are directly affected by these sensitivities to varying degrees.

Chemicals, including those found in many scented products used everyday can seriously affect our co-workers, especially those who suffer from environmental sensitivities, allergies or asthma. Products such as strong perfumes, hair sprays, aftershave lotions and office cleaning products can provoke reactions ranging from mild to serious in some people. These reactions may include nausea, headaches, breathing difficulties, fatigue, poor concentration, rashes, hoarseness, eye and throat irritations, among others.

At Ted's first meeting he reminded us all of one of the basic principles we are to follow - and that is to treat each other with respect. In keeping with the principle of respect for others, I would ask you to make every effort to understand and respect the circumstances of

# Community Consultation Process

Our community consultation process is continuing. If you have a story about living in the Ottawa-Carleton area that you think local health and other public agencies should know about, leave your name with Heather McCormack. She's a health planner at the Ottawa-Carleton Regional District Health Council who has been encouraging people with sensitivities to come forward and help community agencies and municipal governments better understand what it's like to have sensitivities. Call her at 723-1440, ext 228. Go ahead. She won't bite you, and neither will the other committee members--Al Raven, from the Regional Health Dept., and Terry Gilhen, Executive Director of the Ottawa-Carleton Social Planning Council. <<>>

Chris Brown

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**Memorandum--cont.**

those suffering from allergies or sensitivities, and to make every effort to try to avoid using products that will trigger a reaction, including perfume, cologne, aftershave and other scented products such as hair spray, potpourri and air fresheners.

Your understanding and cooperation in this matter will be sincerely appreciated. <<>>

# Indoor Air Quality Basics for Schools

*Fact sheet created by:*

*United States 004 Environmental Protection Agency*

*Indoor Environments Division (6607) Office of Radiation and Indoor Air*

*EPA-402-F-96-004, October 1996*

This fact sheet provides important information on indoor air quality (IAQ) in schools to parents and others who do not normally occupy school buildings. Once you understand the basics that influence indoor air quality in a school, you will note that prevention and problem solving mainly involve two major actions - the management of pollutant sources, and the use of ventilation to control pollutants. Following are the key principles:

- Many IAQ problems can be prevented by school staff and students.
- When IAQ problems happen, they can often be resolved using the skills of school staff.
- The expense and effort required to prevent most IAQ problems is much less than the expense and effort required to solve problems after they develop.

## Why IAQ is Important to Your School

Most people are aware that outdoor air pollution can damage their health, but many do not know that indoor air pollution can also cause harm. Environmental Protection Agency (EPA) studies of human exposure to air pollutants indicate that indoor levels of pollutants may be 2-5 times, and occasionally more than 100 times, higher than outdoor levels. These levels of indoor air pollutants are of particular concern because it is estimated that most people spend about 90% of their time indoors. Comparative risk studies performed by EPA and its Science Advisory Board have consistently ranked indoor air pollution among the top four environmental risks to the public.

Failure to prevent indoor air problems, or failure to act promptly, can have consequences such as:

- increasing the chances for long-term and short-term health problems for students and staff;
- impacting the student learning environment, comfort, and attendance;
- reducing productivity of teachers and staff due to discomfort, sickness, or absenteeism;
- faster deterioration and reduced efficiency of the school physical plant and equipment;
- increasing the chance that schools will have to be closed, or occupants temporarily moved;
- straining relationships among school administration and parents and staff;
- creating negative publicity that could damage a school's or administration's image and effectiveness; and
- creating potential liability problems.

Indoor air problems can be subtle and do not always produce easily recognized impacts on health,

**–cont. on page 7**

# Letters

Hi all,

I am a member of the Anaphylaxis Support Group in Pembroke, Ontario and I would like to share a warning with the people of the list that are allergic to peanuts. A member of our group has a child who is anaphylactic to peanuts and they use Becel margarine which was what they thought to be safe. Well their toddler had a severe anaphylactic reaction today to what they suspect as cross contamination of peanut oil in the margarine. These people live near Quebec. We are warning people that use Becel to discontinue using it until they have finished testing the margarine to see if it was definitely peanut in it. Not worth taking chances. I do not know if this affects people in the states but once again not worth taking chances.

Hazel Green
<rayhaz@ISTAR.CA>

*Originally posted to: ALLERGY@postal.tamu.edu, Allergy discussion mailing list*

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Closed Sunday

**2285B ST. LAURENT BLVD., UNIT 2,**
**OTTAWA, ONT. K1G 4Z5**
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# Treat Allergic Asthma With Acupuncture

Allergic asthma is a bronchial allergic disease with repeated attacks. It is caused by different antigens. The common ones are airborne pollens, moulds, house dust and animal danders. Other triggers include cold air, viral infections and air pollutants such as ozone and sulphur dioxide. The symptoms of the disease are IgE-mediated. Allergic reactions in the lungs are associated with spasm of the bronchial tubes. The spasm and mucus often clogs and narrows the airways to the lungs, making breathing even more difficult. The main clinical manifestations are repeated sudden attacks of shortness of breath with wheezing. Allergy reactions can also occur in other places. Allergic reaction in the nose or sinus are called "sinus" or "hay fever" or "allergic rhinitis". Allergy reactions in the skin are named "hives" or "angioedema".

## Western Treatments

1. Antihistamines work by preventing the effects of histamine, which is produced by the body during an allergic reaction. Most antihistamines cause drowsiness. Other common side effects include dry mouth, difficult urination, constipation, and confusion.

2. Decongestants work by narrowing blood vessels, leading to the clearing of nasal congestion. Possible side effects include nervousness, sleeplessness, or elevation in blood pressure. If the nasal spray form is used too long, it may cause even more nasal congestion.

3. Bronchodilators are used to relieve coughing, wheezing, shortness of breath and difficulty in breathing. They work by opening up the bronchial tubes so that more air can flow through. Bronchodilators include beta-agonists and theophylline. Bronchodilators may cause nausea, vomiting, headache, nervousness, restlessness, and insomnia.

4. Anti-inflammation agents (cromolyn and corticosteroids) reduce the inflammation in the airways. Long-term oral corticosteroid use may cause side effects such as ulcers, weight gain, cataracts, weakened bones, high blood pressure, elevated blood sugar, and easy bruising.

5. Allergy immunotherapy for the allergic individual involve the injection of increasing amounts of allergy vaccine in order to bring the affected patient's immune system better control. However, not everyone seems to respond to this treatment.

The disease belongs to the category of "asthma with wheezing" in traditional chinese medicine. There are two main types of asthma: the shi(excess) and the xu(deficiency) types.

1. Shi(excess) type:

This type of asthma results from dysfunction of the lung due to the invasion of the exogenous wind-cold or disturbance of phlegm-heat.

The acu-points on long channel are selected to eliminate the wind-cold and the acu-points on stomach channel are used to resolve phlegm and soothe asthma.

2. Xu(deficiency) type:

This type of asthma is due to the weakness of the lung and kidney. Acu-points on lung, kidney, Ren and urinary bladder are selected to reinforce the qi (vital energy) of the lung and kidney.

Acupuncture is a very useful tool to treat allergic asthma. If your asthma still has not been solved with other treatments, you are welcome to contact me at 234-3767.

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## IAQ Basics for Schools--cont

well-being, or the physical plant. Children are especially susceptible to air pollution. For this and the reasons noted above, air quality in schools is of particular concern. Proper maintenance of indoor air is more than a "quality" issue, it includes safety and good management of our investment in the students, staff, and facilities.

Good indoor air quality contributes to a favorable learning environment for students, productivity for teachers and staff, and a sense of comfort, health, and well-being for school occupants. These combine

**--cont. on page 8**

to assist a school in its core mission--educating children.

## Understanding IAQ Problems and Solutions

Over the past forty or fifty years, exposure to indoor air pollutants has increased due to a variety of factors, including the construction of more tightly-sealed buildings, reduced ventilation rates to save energy, the use of synthetic building materials and furnishings, and the use of chemically-formulated personal care products, pesticides, and housekeeping supplies. In addition, our activities and decisions, such as delaying maintenance to "save" money, can lead to problems from sources and ventilation. Four basic factors affect IAQ: sources of indoor air pollutants, the heating, ventilation, and air-conditioning (HVAC) system, pollutant pathways, and occupants.

## How Do I Know if There is an IAQ Problem

Diagnosing symptoms that relate to IAQ can be tricky. Acute (short-term) symptoms of IAQ problems typically are similar to those from colds, allergies, fatigue, or the flu. There are clues, however, that can serve as indicators of potential indoor air problems:

- the symptoms are widespread within a class or within the school, potentially indicating a ventilation problem;
- the symptoms disappear when the students or staff leave the school building for the day;
- the onset is sudden after some change at school such as painting or pesticide application;
- persons with allergies, asthma, or chemical sensitivities have reactions indoors but not outdoors; or
- a doctor has diagnosed a student or staff member as having an indoor air-related illness.

However, a lack of symptoms does not mean that the quality of the air within the school is acceptable. Symptoms from long-term health effects (such as lung cancer due to radon) often do not become evident for many years. For this reason, schools should establish a preventive indoor air program to minimize exposure of students and staff to indoor air pollutants (see information on the "Kit," next section).

## What Should I Do if I Think a School Has an IAQ Problem

If your child, or someone else you know is experiencing symptoms that you believe may be related to their school environment, contact a school official immediately, such as the school IAQ Coordinator, or the health and safety coordinator. Whether or not the school has a known problem, encourage the school to obtain and use the *Indoor Air Quality Tools for Schools* Kit. This easy-to-use Kit shows schools how to carry out a practical plan of action at little or no cost, using in-house staff.

The Kit includes simple checklists for all school employees, a flexible step-by-step guide for using the checklists, an Indoor Air Quality Problem Solving Wheel, a fact sheet on indoor air pollution sources and solutions, sample memos to help school personnel respond to inquiries, and sample policies.

The Kit is co-sponsored by the National PTA, National Education Association, Council for American Private Education, Association of School Business Officials, American Federation of Teachers, and the American Lung Association. The Federal government, as well as most State and local governments, do not have regulations or enforcement capabilities regarding indoor air quality in schools. For some schools, assistance may be available from the local or State departments of health or environment. The Federal or State occupational safety and health office (OSHA) may also provide some help.

## How to Order the Kit

The *Indoor Air Quality Tools for Schools Kit*, item number 055-000-00503-6, can be purchased for $22 from the U.S. Government Printing Office. MasterCard and Visa are accepted. for telephone orders, call 202-512-1800. Or send a check or money order to:

Superintendent of Documents

PO Box 371954, Pittsburgh, PA 15250.

While supplies last, school districts and schools may receive a free copy of the *IAQ Tools for Schools* Kit by having a school administrator mail or fax a request

--cont. page 9

**IAQ Basics for Schools–cont.**

n official school letterhead to:

EPA. Kit

PO Box 37133

Washington, DC 20013-7133

Fax: 202-484-1510

Other information on IAQ is available by contacting your Regional EPA office, or by calling 800-438-4318.<<>>

# AEHA Student Kit Still Available

*Accommodating the Needs of Students with Environmental Sensitivities, A Report for School Boards, Parents and Educators* is an invaluable resource for anyone dealing with this issue. The information was prepared by AEHA members Elizabeth Hare(formerly Stutt) and Leslirae Rotor.

Included in the kit is the report, a complete presentation on how school school boards can help, and pamphlets.

All materials are copyrighted, but permission has been given to reproduce all the materials as long as the authors are clearly cited.

This kit is a must for anyone interested in "educating" groups about the needs of students with sensitivities.

Kits cost $15 and are available at AEHA meetings. For further information, call 860-AEHA.<<>>

# Synthetic Pillows Bad for Asthma Sufferers

WELLINGTON, NEW ZEALAND. People with asthma have long been advised to avoid feather pillows in their beds on the assumption that these pillows would be more likely to precipitate asthma attacks than would those with synthetic (e.g. polyester fibre) fillings. Now researchers at the Wellington School of Medicine report that this assumption is seriously wrong. Not only are pillows with synthetic fillings a risk factor for severe asthma, but they also tend to accumulate significantly larger quantities of dust mite allergen than do feather-filled pillows. The researchers discovered that pillows with synthetic fillings contained eight times more house dust mite allergen than did feather pillows after identical six months exposure to normal use. It is known that exposure to dust mite allergen is an important factor in triggering asthma attacks in the vast majority of asthma patients in New Zealand. (Kemp, T.J., et al. House dust mite allergen in pillows. British Medical Journal, Vol. 313, October 12, 1996, p. 916) (From: Hans Larsen, International Health News.) <<>>

*Reproduced from The Messenger, the newsletter of the M.E. Association of Canada, Volume 9, Issue 3, April, 1997.*

# Rapp Book Now In AEHA Library

Doris Rapp's book on children in schools is now available in the AEHA library.

The book, *Is This Your Child's World? How the school environment may be making your child hyperactive, asthmatic, disruptive, prone to colds and learning disabilities, and what you can do to help*, has 524 pages of text plus 100 pages devoted to Appendix of Chemicals, Resource List, Further Reading and an Index. To borrow a copy, contact Fiona Coyle at 562-2918 (home) or 520 2600 ext 8139

# Conference Proceedings Online

Tell your friends, tell everyone--the proceedings of the National Conference on Children with Sensitivities is NOW posted on the Special Needs Education site linked to Canada's "SchoolNet", at

http://sne.ingenia.com/NCCS/

This conference, organized by the Ottawa Branch of the Allergy and Environmental Health Association of Canada, was funded or sponsored by the following agencies, who we again thank for their assistance!

Justice Canada

Canada Mortgage and Housing Corporation

Carleton Board of Education

National Access Awareness Week

Ottawa-Carleton Regional District Health Council

Ontario Ministry of Health

Regional Municipality of Ottawa-Carleton Health Department

Sandy Hill Community Health Centre

The Ottawa Citizen

The National Conference on Children with Sensitivities involved the following individuals, groups and government agencies:

**Sue Baker** is an Education Officer in the Special Education Policy Unit of the Ontario Ministry of Education and Training with allergies, sensitivities, asthma and anaphylaxis under her portfolio. She represents her Unit in interministerial discussions about school health support services and other issues related to exceptional children and youth.

**Reg Barsoum** is a Project Engineer for The Waterloo County Board of Education and has been instrumental in the development of standards, and in the construction and on-going operation of classrooms for students with sensitivities, and for the first school built especially for students with sensitivities.

**Dr. W. Greg Booth** is a dentist who had to retire due to his exposure to chemicals in the workplace. He is Past President of AEHA Nova Scotia and AEHA Canada, and serves on the Patient Advocacy Committee for the Environmental Health Clinic in Fall River, NS.

**Roy Cooper** is married with four daughters, one of whom is learning disabled. He has been involved with the Learning Disabilities Association for 18 years serving at the chapter, provincial and national levels. He is currently Ontario President and a member of the Board of Directors at the chapter and national levels.

**K.S. (Ken) Drolet** is an electrical engineer with 37 years of public service, 19 of which were in the military. Ken's wife Estelle and daughter Christine both suffer from sensitivities. For the past few years, Ken has been on the Board of Directors of Barrhaven Non-Profit Housing, Incorporated, which includes one of the first multiple, non-profit housing units for persons with sensitivities.

**Dr. Edward Ellis** is Associate Medical Officer of Health with the Regional Municipality of Ottawa-Carleton Health Department. He is also Clinical Assistant Professor of Community Medicine at the University of Ottawa teaching environmental/occupational health courses.

**Dr. Frank Foley** is the Medical Director of the Environmental Health Clinic and a member of the Department of Family Practice at Women's College Hospital, Toronto. He is also Assistant Professor in the Department of Family and Community Medicine, Faculty of Medicine, at the University of Toronto. Dr. Foley is interested in the assessment and treatment of persons with chronic health issues in a holistic manner.

**Elizabeth Hare** is a desktop publisher who also organizes logistics for conferences. She has two children with sensitivities. She is active with the Allergy and Environmental Health Association at the branch and national levels. Ms. Hare is co-author of *Accommodating the Needs of Students with Environmental Sensitivities* and *Planning Your Hospital Stay: A Guide for Persons with Sensitivities* (forthcoming).

**Heather Holden** has three children with sensitivities, two of whom have learning disabilities. She has been involved with the Learning Disabilities Association at the chapter, provincial and national levels. She was instrumental in obtaining accommodation for students with environmental sensitivities at the Halton Board of Education and assisted with the development of its Environmental Hypersensitivity Policy.

**--cont. on page 11**

**Conference Proceedings Online--cont.**

**Ed Lowans** consults on healthy buildings, advanced design and environmental health issues. He is Past President of AEHA Canada, coordinator of the Environmental Construction Network and a member of the Green Coalition. He is author or co-author of several books and numerous articles including *The Clean Air Guide*, *Building Materials for the Hypersensitive*, and *The Guide to Green Building Materials*.

**Dr. William J. (Bill) Mahoney** represents the Ontario Medical Association on the Ontario Advisory Council on Special Education. He is Chief of Developmental Assessment, Chedoke-McMaster Child and Family Centre, and Associate Professor of Pediatrics with the Faculty of Health Sciences at McMaster University. Clinically, Dr Mahoney works with children with language, learning and attentional problems.

**Dr. Lynn Marshall** is a physician in the Environmental Health Clinic, Women's College Hospital, and a Research Associate in the University of Toronto Environmental Hypersensitivity Research Unit. She is the Past President of the Canadian Society for Environmental Medicine.

**Barbara McElgunn** is the Health Liaison Officer for the Learning Disabilities Association of Canada. Her background is in nursing, with a post-graduate specialty in neurological and neurosurgical nursing. She has represented LDA on many national and international workgroups on research, environmental and health issues relevant to learning disabilities.

**Dr. John Molot** is a physician who has been working in the field of environmental medicine since 1980. He is Medical Advisor and Chair of the Health Data Working Group for the Federal Task Force on Material Emissions. He has collaborated on various research projects of the Environmental Hypersensitivity Research Unit in the Department of Preventive Medicine and Biostatistics at the University of Toronto. He is the current President of the Canadian Society for Environmental Medicine.

**Ian C. Morton** has been involved in various environmental activities for over 10 years. He is currently Project Director of Environmental Health Programs for the Ontario Lung Association. He co-authored "The Air We Breathe" program, created Better Breathing Month and has written numerous technical and educational reports addressing environmental issues. Most recently, Ian directed C.A.N. DO - the campaign for Clean Air Now.

**John Nelms** is an optometrist whose wife Kitty became extremely ill after exposure to pesticides. To help Kitty, John researched building products and methods and Kitty tested each product for tolerability. John then found craftspeople for such trades as plastering and a builder who agreed to respect Kitty's need for tight environmental control.

**Dr. Doris J. Rapp** is a pediatric allergist specializing in environmental medicine and currently lives in Phoenix, Arizona. Dr. Rapp is a world-renowned author and video producer on children with learning, behavioural and attention difficulties caused by sensitivities, with such titles as *The Impossible Child, Is This Your Child?* and *Environmentally Sick Schools*. Her newest book, *Is This Your Child's World?*, was released in the fall of 1996. Dr. Rapp is a former President of the American Academy of Environmental Medicine.

**Leslirae Rotor, MA, MSc**, is an economist involved in third-world development work. She is Past-president of AEHA Ottawa and National Capital Representative for AEHA Canada. She is also co-author of *Accommodating the Needs of Students with Environmental Sensitivities* and *Planning Your Hospital Stay: A Guide for Persons with Sensitivities* (forthcoming).

**Bruce M. Small, PEng**, has done pioneering research on low-indoor-pollution design for the general public, for institutions, and for individuals with sensitivities. As a co-founder of Green Eclipse Incorporated, he has recently established and launched the Envirodesic Certification Program. Bruce is also the author of several publications, the most recent being *Environmental Hypersensitivity in the Workplace*.

**Dr. Anna Rose Spina** was hired by the Department of Family Practice at Women's College Hospital, Toronto, to facilitate the development of the Environmental Health Clinic. She was previously dealing with environmental health issues, since 1985, in the Ontario Ministry of Health where she worked until 1993. Dr. Spina is currently a Program Development Consultant and works half time for the Environmental Health Clinic.

**Debra Wright** is a Senior Advisor with the Research and Housing Innovation Section, Ontario Region, Canada Mortgage and Housing Corporation.<<>>

Chris Brown, chris@storm.ca

# Sourcebook Changes, Fall 1997

## Associations
Ages delete

Allergy & Environmental
Health Association 860-AEHA

Canadian Organic Growers
231-9047

Friends of the Earth
47 Clarence St, Suite 306,
Ottawa, ON. K1N 9K1
241-0085

Practical Allergy Foundation
moved to Arizona

## Bedding
Ashbrooks Orleans closed
Bath N Bedtime closed
EnSuite Bed & Bath closed

Nutrichem-no longer orders mattress/ pillow covers

## Bookstores
Nutrichem Elgin store closed
Octopus 116 Third Ave 233-2589
Sunnyside 241-0943

## Chemical Hazards
Friends of the Earth
new address as above

## Cleaning
Caeran 730-1571
Crystal Dawn Products delete

## Clothing
Island comforts closed
J&P Collections closed

Kid's Cosy Cottons
Haddington store moved to
2620 Lancaster Units A&B
523-2679

Sarah clothes closed
Silk N Things closed
Spectrum closed

## Food

*Baked Goods, Breads, Pasta*
David's Bakery closed

L'Ami Des Gourmets
2570 Edinburgh Place 749-9899

Parma Ravioli Ltd 722-4011
1314 Wellington (near Holland)

*Cooking Classes & Services*
Sue Bailey delete
Vegetable Patch Cookery 237-4983
What's Cooking delete
World Beet Catering delete

*Meat & Fish*
AEHA Ottawa Organic Meat freezer
Joanne Bedard 747-6841

*Miscellaneous Food*
Orleans Organic Market delete

## Furniture
B B Bargoons closed

## Household & Housewares
Consumers Distributing closed

## Housing
Envirosense 828-7900
Teekah delete

## Information
Product Safety Bureau 957-9545

--cont. on page 13

Sourcebook Changes--cont.

## Libraries
AEHA Books: Joanne Bedard 1132 Chimney Hill Way
Gloucestere,ON K1J 8Z6
747-6841

## Mail Order
American Environmental Health Foundation Suite 225

## Personal Care
Rachel Perry products are scented

Crystal Dawn Products delete

Gisele's Beauty Services 744-7095

Heavenly Scents delete
Wise Eyes Optical delete

## Pharmacies
Nutri-Chem Elgin store closed

Ottawa Chemists change to
Ottawa Natural Clinic Pharmacy

## Physicians
Mickelson, Dr. Ross
2197 Riverside Dr. # 506
523-0108

## Restaurants
Rainbow-no longer has a restaurant

## Water
Boischatel Spring Water closed

NEW LISTINGS:

**Associations**
Allergy Information Association
25 Poynter Dr. Room 7, Weston, ON M9R 1K8
416-244-9312

CH.A.D.D. Canada
Children and Adults With
Attention Defecit disorders
P.O. Box 23007, Ottawa, ON K2A 4E2
231-7646 Fax: 613-231-7064

Sierra Club of Canada
412-1 Nicholas St.
Ottawa, ON K1N 7B7
241-4611
Fax: 613-241-2292
-Campaign for Pesticide Reduction
-Pesticide Watch magazine

World Wildlife Federation
1-800-26-Panda
-information on how chemicals can mimic hormones

**Bedding**
Linen Superstore (2 more stores)
Merivale 723-7669
Place D'Orleans 824-2766

**Cleaning**
Hydrox Envirodesic
-multipurpose cleaner —The Allergy Shop!
-approved by the Lung Association
made by M & R Chemical Specialties
1-800-387-7578
-sold at some Home Hardware stores

**Clothing**
Kettle Creek Rideau 569-9542

**Food:**
Bread & Roses Bakery
17 Beechwood Ave 745-2087
Rideau Bakery
384 Rideau 737-3355
yeast free rye bread

--cont. on page 14

Sourcebook Changes--cont.

**Garden Care**
Nature's Choice Organic Lawn Care
841-5553

**Home: Construction & Repair**
AFM
-Safecoat and SafeChoice products
-adhesives, paints, stains,
-cleaning, carpet and home maintenance products
-low or no odor
1-800-239-0321

Arbour
800 Bank St 567-3168
-natural stains

Chem Safe Products PO Box 33023 San Antonio TX 78265
210-657-5321
-envirosafe paint for MCS, lo biocide, no fungicide, no VOC

CMHC Publication:
Building Materials for the Environmentally Hypersensitive

Nepean Paints
121-15 Capella Crt,
Nepean
228-9772
-AFM products

Nontoxic Environments Inc
P.O. Box 384, Newmarket, NH
03857 USA
-insulation, paints, stains

Pace Chem Industries, Inc.
779 South La Grange Ave, Newbury Park, CA 91320, USA
1-800-350-2912
1-805-499-2911
-Crystal Aire, Crystal Shield,
low odor water base acrylic varnish

**Mail Order**
Absolute Environmental's
Allergy Store
2615 S. University Dr. Davie, FL 33328 USA
1-800-771-2246
ADD Warehouse
Plantation, Florida
1-800-233-9273
-products for attention deficit disorder, and hyperactivity

Allergy Relief Shop Inc
3371 Whittle Springs Rd,
Knoxville, Tennessee. USA 37917
Ordering: 1-800-626-2810
Consultation 1-423-522-2795
-air & water filters, bedding,books, cleaners, fabric, household products, linens, lighting, organic gardening supplies, home repair products, personal products, supplements

The Living Source
7005 Woodway Dr, Suite 214.
Waco, Texas 76712 USA
1-817-776-4878
-products for the chemically sensitive

**Personal Care**
Elora Soap Company
312 Queen St. N., Box 339,
Paisley, ON N0G 2N0
1-519-353-5191
-all natural, biodegradable soaps
-pure unscented or aromatic soaps

**Restaurants**
Maple Lawn Cafe
529 Richmond Rd
722-5118

**Vitamins & Supplements**
Allergy Research Group
400 Preda St, San Leandro, CA 94577
1-800-545-9960

Natural Factors
1-800-667-3266

# Book Review

*The Rebellious Body: Reclaim Your Life from Environmental Illness or Chronic Fatigue Syndrome*

By Janice Strubbe Wittenberg, R.N.

Published by Insight Books

233 Spring St., New York, N.Y. USA 100 13-1578

$18.95 U.S. 327 pages.

The author is a nurse, health educator and author whose experiences with both EI and CFS over more than a decade have produced valuable and practical ideas about how to get on with life despite illness.

She has researched intensively, read widely and left almost no idea unexamined. That makes this book one of the most comprehensive of the dozens I've encountered in this field. It also makes it overwhelming. This is not a volume to be read through from start to finish then consigned to your bookcase. It must be studied, for medical explanations, diet, exercise, vitamin and mineral supplements, coping tips, psychological insights, and practical steps to growth.

I suggest you read it with a pencil to help you highlight the portions you may want to try, those you may need to discuss with others, those that require further professional examination and those that probably merit instant rejection. They're all there, but the author leaves the selection of wheat from chaff entirely to her readers. You'll need time and judgement to make those choices as you study this valuable book. She discusses such things as the toxins we all must avoid because they compromise immune function, how to detoxify the body, the role of allergies and the use of mind and spirit in healing. It is divided into five parts: Understanding the Illness, Complementary Interventions (some weird stuff here), What Helps, Examining and Changing Your Beliefs, and Sustaining Your Healing.

There are several chapters in each part and further subdivisions (with ample white space and large type for easy reading) in each chapter. There's far too much to absorb in a single trip through *The Rebellious Body*. You'll want to revisit the special parts that apply to your situation again and again.

This book is also the most detailed I've found for index, glossary of terms, guide to other recommended reading and list of international agencies and clinics. It's probably worth the price just as a reference, but it provides far more than that.

Definitely recommended. <◇>

*Reviewed by John Warren for The Messenger, the newsletter of the M.E. Association of Canada, Volume 9, Issue 6, July/August, 1997.*

# PMS/Rose-Coloured Glasses?

A pair of rose-coloured glasses may be the answer to premenstrual tension, say British scientists. Initial trials of a device called the LightMask at Hammersmith Hospital in London found it reduced symptoms of PMT by 75 per cent. Only 17 women were involved, reports *The London Observer*, so scientists can't rule out a placebo effect; however, a representative of the National Premenstrual Association called the glasses promising. The LightMask flashes red light into the eyes of women for 15 minutes a day in the second half of their cycles, to reset the body clock. It was originally developed as a treatment for migraine. <◇>

Chris Brown, chris@storm.ca

# EPI Pen Info

*Allerex* has recently released the Epi E•Z Pen in Canada. Instead of having to "jab" the loaded syringe into your leg, the new pen is activated with a push button.

If you're one of the many folks who have to carry an EPI PEN for life-threatening reactions, you're likely frustrated with the plastic tube-case they come in. In the bottom of a purse or knapsack, they are known to become slivered, useless carrying tubes. What you may not know is that the case not only protects the pen from damage, it inhibits exposure to ultraviolet light which damages the drug in the pen. Hopefully *Allerex* will be working on this problem too! <◇>

Julie Levi, blackfish@mv.igs.net

# Net News

## MedMet News--Your Link Between Health and the Weather

You may have wondered what happened to MedMet News. Well it got too expensive to mail out copies, so MedMet switched strategies to a HomePage, scientific journals, and public lectures. The MedMet News newsletter was produced as a method of raising awareness of the weather-health link in Canada. When it was still free, the mailing list reached 400, far beyond the expectation of about 100. This was costing a few hundred dollars in stationary and stamps alone per issue, a bit too much for the pocketbooks. A subscription approach was tried but that brought on more administrative headaches than it was worth.

Since the HomePage era had arrived, it was decided to approach the Public via Homepages (http://www.inforamp.net/~eeyore/index.html ) and concentrate efforts on the medical community via medical journals, where there has been one article published to date in the *Journal of the Canadian Medical Association*. <<>>

## 'Milk-Free' Internet Sites

Looking for sites that deal with lactose intolerance, milk allergy, or casein intolerance? Check out these sites:

*National Digestive Diseases Information Clearinghouse* (http://www.niddk.nih.gov/lactose intolerance/lactose intolerance.html)

*The No Milk Page* (http://www.panix.com/~nomilk/)

*The Lactose Intolerance Page* (http://www.geocities.com/Paris/4664/lactose.html)

<<>>

## Allergy Alerts Available Online

Are you interested in the latest allergy alerts--things like products that have peanut oil lurking where you'd never expect?

Alerts are regularly issued by Agriculture Canada at: http://www.agr.ca/cb/news/newsrle.html.

<<>>

## Nail Polish Remover Site--What Next?

Looking for a fingernail polish remover that claims to be safe to the user and the environment? The "fingernail" site states that "PERFECT REMOVER by Mario Quenneville (tm) is like no other nail polish remover available in the marketplace today. It is the only nail polish remover which is as safe to the user as it is to the environment. The more you use it, the more your nails will become longer, shinier, stronger, and healthier. It contains No Alcohol, Acetone, or Ethyl-Acetate."

Go to: http://www.fingernail.com <<>>

## Making Sense of Scents Site

This site is worth checking out to learn more about perfumes, scents, and fragrances.

http://www.supernet.net/~jackibar/perfume.html

Most of the site information was compiled by Julia Kendall who ultimately died from complications from a leukemia which had been induced by a pesticide exposure. There are snippets of documented information that will lead you to many other sources. You may learn more than you want to know about the chemicals in these products and their effects. <<>>

## Healthguard Sleep Care System

Looking for mattress and pillow covers to protect from dust mites, mould, mildew, fungus and bacteria?

Info available at: http://www.healthguard.com

<<>>

## Fresh Air Wherever You Go?

The Clean Air Centre is advertising a portable, personal "Air Supply" that weighs only four ounces and can be worn around the neck or in a shirt pocket.

Info available at: www.supercity.ns.ca/cleanair

<<>>

# Human Reactions to Pesticide Exposure

People vary widely in their response to toxins. Some people tolerate a room full of cigarette smoke easily while others react with coughing or a stuffy nose, and a few with severe shortness of breath. Different people react differently to solvents, pesticides, and other common household and industrial chemicals too. An exposure to pesticides that has no immediately measurable effect on most people can cause significant effects in some, ranging from allergic reactions to a mild case of "the flu". But, for about a thousand hypersensitive people in the Ottawa-Carleton region, even low concentrations of some substances can trigger disabling health problems ranging from severe asthma or migraine to anaphylactic shock.

The reactions of these hypersensitive people seem to be the result of a breakdown of some normal bodily function--we don't know yet what breaks down. Such breakdowns can be caused by viral or fungal infections or by an overexposure to toxins such as pesticides or solvents; long-term exposure to toxins at moderate levels may be involved as well. After the initial breakdown, individuals become hypersensitive to many low-level chemical exposures. They can have many widely varied reactions that impact upon each other.

A victim of hypersensitivity feels terribly alone, and helpless. Worse, they are easily dismissed as "just" psychosomatic by those of us who are unaware that most of the emotional turmoil is a result of the illness and our reaction to it, not the cause. These are real symptoms, terribly real.

The essential first step in the treatment of substance hypersensitivity is avoidance of the offending agents. There are a few people in the Region who are entirely confined to their homes because so many common chemicals make them sick. However, most hypersensitive people can function productively as long as they can avoid exposure to toxins.

If you use solvents or pesticides in urban areas, you may do so only in a manner that does not significantly harm others in your community. The Canadian government does not imply that pesticides are safe when it registers them. On the contrary, it states that "pesticides by their very nature are toxic chemicals". You are responsible for injury caused to others by your actions, both legally and morally--pesticide registration does not absolve you of those responsibilities.

So, all of us should use pesticides only as a last resort for serious problems, as our Region now does. If you have a neighbour who suffers from environmental hypersensitivity, however, you have a special human reason to avoid pesticide use. The information sheets of the Health Dangers of Urban Use of Pesticides Working Group (available at the RMOC Info Center, the Ottawa-Carleton Health Department, and on the Internet at http://www.rmoc.on.ca/Health/hduup.html) can help you do that. <<>>

*AEHA has been asked to endorse this new brochure from the Regional Government.*

Health Problems In Your Home?

YOUR HEALTH - YOUR HOME

Indoor Air Quality
Electromagnetic Fields
Geopathic Energy Zones
(613) 820-5716

Creating Healing Environments

Paul Battle Certified Environmental Home Inspector.

# Antibiotics in M.E. Treatment

Fibromyalgia is another illness often suffered by M.E. patients, so an article entitled *Antibiotics for CFS (M.E) and Fibromyalgia* in the Candida Dysbiosis Information Foundation Newsletter of January 1997, caught my attention. The article reported that doctors have found that this illness is probably due to an agent called Mycoplasm Fermentans (Incognitus) kept under control by certain antibodies such as the Macrolide and Tetracycline families.

A test can be carried out to verify this and ascertain if you can be helped. A similar discovery was made a few years ago where patients suffering from stomach ulcers and cancers were found to have a bacteria called Heliobacter Pylori, cured with three different kinds of antibiotics taken together for seven days. <<>>

*Reproduced from Allergy Newsletter, the Journal of AAA (Action Against Allergy), P.O. Box 278, Twickenham, Middlesex TW1 4QQ*

# Branch News

## Organic Food

THE FREEZER HAS A NEW HOME!!!

Joanne Bedard is graciously housing the freezer. Please call Joanne in advance to make an appointment to pick up a meat order on a Saturday that is mutually convenient. If she is not there, leave a message and if your phone is not long distance she will call you back. If you are long distance from Beacon Hill, let her know on your message if she should call you back collect or whether you will try again.

Organic Meat Freezer: 747-6841

We have three new moose and one deer available at present. Chickens are arriving any day.

| | | |
|---|---|---|
| MOOSE: | $2.50/lb | hamburger/stew |
| | $3.50/lb | medium cuts |
| | $4.50/lb | premium cuts |
| DEER: | $3.00/lb | hamburger |
| | $4.00/lb | medium cuts |
| | $5.00/lb | premium cuts |

CHICKENS
(organic, average 8 lbs each):
$2.75/lb

Thanks so much again to Carolyn and Mel McCoy for their longstanding freezer "stewardship".

## Membership

We have been having a lot of difficulty with national membership registrations. In fact, we have been having a lot of difficulty with our national board. However, with the recent resignations of a couple of national executive members it looks as if the health of the national board will improve tremendously in the next few months. Stay tuned for details.

We still need a membership chair person and helpers too. Call 860-AEHA today.

## AEHA Ottawa's Library Has A New Home Too!

Fiona Coyle is now the librarian for the AEHA Ottawa library. To borrow resources including books, videos, and tapes, give Fiona a call.

Fiona Coyle
home phone: 562-2918
work phone: 520 2600 ext 8139.

## Classifieds

- Hare Publishing Services specializes in providing professional, personalized desktop publishing, business and administrative support services. Elizabeth can help you with publications, word processing, reports, mail and fax merges, manuals, transcription, proposals, resumés, brochures, correspondence, and flyers.

  Contact Elizabeth Hare at (613) 825-8388 or hare@storm.ca.

# SAFE HOUSING NEEDED!!!

Quiet, responsible, non-smoking female with chemical sensitivities seeking suitable accomodation (hardwood floors, no recent paint, varnish, pesticides, etc.). Bachelor apartment or to share. Please leave a message at 730-0176.

## Help Wanted

- **Volunteers needed to update the Sourcebook.**

Volunteers are needed for a few hours to phone and verify information in the sourcebook, as well as for printing and distribution. Please call 860-AEHA if you can offer ANY time at all. We need your help!

- **Interested in planning some AEHA workshops?**

Workshops are a great way for people to learn. AEHA Ottawa is looking for the right person to plan and arrange workshops. Work on your own or team up with a friend or other AEHA member. Call 860-AEHA today.

# Dates to Remember

## Meetings

AEHA Ottawa meetings are held at the McNabb Community Centre, 180 Percy Street (1 block north of Gladstone and 1 block east of Bronson), in Ottawa, at 7:30 p.m.

**Call 860-AEHA for the latest information on meetings or workshops.**

## Workshops

Registration: $10 for members, $15 for non-members. Make out your cheque to "AEHA Ottawa" and send to WORKSHOPS, Nepean RPO Shopp/City West, Box 33023, Nepean, ON, K2C 3Y9, at least one week before the event, or call (613) 860-AEHA, and a volunteer will call you back within a few days.

### NOVEMBER

**Dental Amalgams and Your Health--November 20**

Are you concerned about the mercury amalgams in your teeth and their potential effects on your health? What are the alternatives? Should you have all your amalgams replaced at once, or gradually over a period of months or years? Which ones should be removed first? Our panel, including Dr. Trevor Lyons, a dentist and microbiologist in a mercury-free practice since 1965, will discuss these questions and more. You will also hear about supportive measures that you can take during and after amalgam removal.

**No workshop in November.**

### DECEMBER

**Potluck Supper--December 6**
at Anne and Gordon McCallum's

Please bring a dish of food to share (well-labelled,) a serving dish and utensil, your plate, glass and cutlery, and your appetite!

5:30 p.m., Saturday, December 6 at 21 Strathbury Street, Nepean, at Anne and Gordon McCallum's.

**No meeting in December**
**No workshop in December**

### JANUARY

**Detoxification: Key to Wellness--January 15**
**Speakers: Kitty Nelms and Linda Brooks**

Join in a discussion about the importance of detoxifying your body. Kitty and Linda have a wealth of experience to share on getting and keeping well. Don't miss this one!

**No workshop in January.**

### FEBRUARY

**Nutrition for the Body, incl. Food Sources and Courses--February 19**

Speakers to be announced. Call the hotline--860-AEHA for further information

**No workshop in February.**

# Announcing...

## Our New Name:

# Ottawa Natural Clinic Pharmacy

ORGANIKA™

## Ottawa's Wellness Store

(formerly Ottawa Chemists Clinic Pharmacy)

QUEST 20 Years of Good Health

The change in our name may be small but it is significant. The term "Chemists" in our old OTTAWA CHEMISTS CLINIC PHARMACY name did not mix well with the majority of the products and services we provide and hampered our all natural image. That confusion is eliminated by using our new name OTTAWA NATURAL CLINIC PHARMACY. After originally planning to drop the name Ottawa Chemists totally, we have reconsidered this decision and have changed our plans and now will use the name Ottawa Chemists as a department of Ottawa Natural Clinic Pharmacy to develop, store and sell hand made products and items that are not of the natural concept. We look forward to serving you soon.

### *Missison Statement*

Our mission is to aid our customers and patients in achieving the best use of quality therapeutics, focusing on holistic strategies and highlighting the products and lifestyles to support these concepts.

### *Our services include:*

(1) Casual Therapeutic Consultation
(2) Private Therapeutic Consultation
(3) Blood Pressure Monitoring
(4) Percent Body Fat Determination (available soon)
(5) Drug Information
(6) Complimentary Therapy Product Information
(7) Nutritional Assessment and Diet Plans (available soon)
(8) Drug Specific Nutrient Depletion Information
(9) Free Delivery Service (min. purchase $15.00)
(10) Bulk Discounts

### *Our Products*

*We carry extensive lines of:*

* Vitamins
* Minerals
* Herbs
* Herbal Supplements
* Homeopathy and Bach Flower Remedies
* Associated Books and Magazines
* Whole Foods, Snacks and Drinks

trophic

* Gluten Free Foods
* Athletic Supplements
* Cosmetics created without cruelty to animals

*In our Ottawa Chemists Department we:*

* Compound hand made products
* Fill extemporaneous prescriptions
* Sell packaging supplies and a limited selection of chemicals and lab equipment

## The Products, Low Price, Service and Advice!

natural Factors

## Ottawa Natural Clinic Pharmacy

*A Pharmacy Alternative Ltd.*

Health-wise

*Ottawa's Wellness Store. A Natural Pharmacy.*

151 Slater St. (at O'Connor), Ottawa, Ontario K1P 5H3

*tel: 235-3993 or 1-800-361-2039; fax: 235-7438*

e-mail: OttawaNaturalPharmacy@aaal. com

Swiss Natural Sources™

*Offering Ottawa's largest selection of Gluten Free foods for Celiacs and customers with food allergies (DeRoMa and, El Peto Products & more)*